

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

HEALTH & WELLBEING CLUB (SDG Champions Club)

1. Introduction

The Health & Wellbeing Club at SRHU promotes holistic wellness through health education, skill-building, and outreach. Aligned with SDG 3, it complements existing campus wellness clubs by focusing on preventive health literacy, mental resilience, and basic life support training—fostering a compassionate and informed student community.

2. Objectives

The objectives of the Club are:

- Promote health literacy on preventive care, nutrition, and mental well-being
- Support life skill development through simulation-based training (e.g., first aid, CPR, BLS/ACLS)
- Collaborate with SRHU's wellness clubs and departments to build integrated wellbeing campaigns
- Facilitate outreach on public health awareness in adopted villages and neighbouring communities

3. Club Committee

The Club shall be governed by a committee comprising the following members:

Composition	Roles
Dr. Vikash Singh Jadon, Associate Professor, HSBS	Chairperson
Dr. Arvind Farswan, Assistant Professor, HSPS	Treasurer
Dr. Akhilesh Kumar, Assistant Professor, HSBS	Member Secretary
Sandhya, B.Sc. Biotechnology, HSBS	Member (student coordinator)

Students Detail

S.No.	Student Name	Registration No.	Enrollment No.	Programme Name
1.	Abhishek Kumar	DD23106301002	SRHU23000797	B.Sc. Biotechnology
2.	Abhishek Negi	DD23106301003	SRHU23000798	B.Sc. Biotechnology
3.	Aditya Jaiswal	DD23106301004	SRHU23000799	B.Sc. Biotechnology
4.	Ajeet Negi	DD23106301005	SRHU23000800	B.Sc. Biotechnology
5.	Anishka Arya	DD23106301006	SRHU23000801	B.Sc. Biotechnology
6.	Ishita Dimri	DD23106301015	SRHU23000810	B.Sc. Biotechnology
7.	Ishita Uniyal	DD23106301016	SRHU23000811	B.Sc. Biotechnology
8.	Jhanvi Singhal	DD23106301017	SRHU23000812	B.Sc. Biotechnology
9.	Sakshi Khatri	DD23106301033	SRHU23000827	B.Sc. Biotechnology



10.	Sandhya	DD23106301034	SRHU23000828	B.Sc. Biotechnology
11.	Shatakshi Dangwal	DD23106301035	SRHU23000829	B.Sc. Biotechnology
12.	Shivani Choudhary	DD23106301036	SRHU23000830	B.Sc. Biotechnology
13.	Shruti Joshi	DD23106301037	SRHU23000831	B.Sc. Biotechnology
14.	Km Shweta Gupta	DD23106301038	SRHU23000832	B.Sc. Biotechnology
15.	Sadaf Parveen	DD23106301031	SRHU23000825	B.Sc. Biotechnology

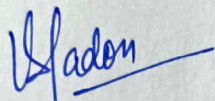
4. Terms and Conditions

Sr. No.	Clause	Details
1.	Quorum	50% of the total members
2.	Tenure of the Club	Perpetual
3.	Tenure of the Chairperson	1 year
4.	Tenure of the Members	1 year
5.	Frequency of Meetings	At least <i>once per quarter</i> .
6.	Meeting Notice and Agenda	The member secretary with prior approval of Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to date of the meeting.
7.	Minutes of the Meeting	The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.
8.	Duties and function	a) Organize SDG 3 themed campaigns (e.g., World Health Day, Stress Awareness Month) b) Conduct skill sessions in collaboration with SRHU's Skill & Simulation Centre c) Coordinate with Yoga, Meditation, and Wellbeing Clubs to co-host holistic wellness festivals d) Develop health-focused outreach modules for students participating in community visits
9.	Funding and Resources	a. Institutional budget allocation b. Donations and sponsorships
10.	Amendments	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	Dissolution	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.

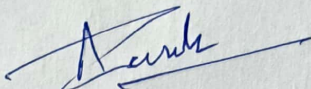
5. Services Offered

- Health Literacy Workshops on NCDs, lifestyle diseases, and campus nutrition

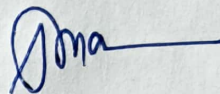
- First Aid, CPR, and BLS/ACLS training for students and faculty
- Mental Health Dialogues through peer circles and creative expression formats
- “Wellness Together” festival in collaboration with existing campus clubs
- Outreach Camps offering screening, counseling, and health education in partner villages
- Poster Exhibitions on SDG 3 topics like maternal health, student stress, and hygiene



Sign. of Chairperson
(Dr. Vikash Singh Jadon)



Sign. of Treasurer
(Dr. Arvind Parswan)



Sign. of Member Secretary
(Dr. Akhilesh Kumar)

Swami Rama Himalayan University

Health & Wellbeing Club

NOTICE

Date: 09-12-2024

Subject: Free ENT Health Camp at Shyampur, Rishikesh (Under SDG 3 Initiative)

The Health & Wellbeing Club in collaboration with the Department of Community Medicine and the Department of ENT, is organizing a Free ENT Health Camp under the Sustainable Development Goal 3 (SDG 3 – Good Health and Well-being) on 14th December 2024 (Saturday) at Shyampur, Rishikesh, District-Dehradun.

The camp will provide free consultation, treatment, and referral services for patients with Ear, Nose, and Throat (ENT) related issues. A specialized medical team will be available on-site for examination and primary care services.

All faculty, interns, and students interested in participating in the healthcare outreach are encouraged to contact the undersigned.

Let's contribute towards accessible healthcare for all.



Sign. of Chairperson

(Dr. Vikash Singh Jadon)

Swami Rama Himalayan University

Health & Wellbeing Club (SDG 3)

Health Camp Report

Date: 14-12-2024

Program: Free ENT Camp

Location: Shyampur, Rishikesh, District-Dehradun

Number of Beneficiaries: 38

Supporting Agency: Department of Community Medicine, Department of ENT, Himalayan Institute of Medical Sciences, Swami Rama Himalayan University, Swami Ram Nagar, Jollygrant, Dehradun

Activity Report (Aligned with SDG 3 – Good Health and Well-being):

In alignment with the United Nations Sustainable Development Goal 3, which emphasizes access to quality healthcare for all, a Free ENT Health Camp was organized on 14th December 2024 at Shyampur, Rishikesh, District-Dehradun. The camp aimed to ensure equitable healthcare services, especially for underserved populations in rural areas. A total of 38 beneficiaries were examined by a specialized team of doctors and staff from the Department of Community Medicine and Department of ENT, Himalayan Institute of Medical Sciences (HIMS), Jollygrant. The camp focused on the early detection, consultation, and referral of ailments related to Ear, Nose, and Throat (ENT).

Patients who required advanced ENT-related medical or surgical intervention were referred to the base hospital for further treatment. Others were given on-site consultation, medication, and lifestyle guidance. The initiative contributed significantly to enhancing access to essential healthcare services in remote areas, thereby supporting the national commitment to SDG 3.



Student Participation in Camp

Swami Rama Himalayan University

Health & Wellbeing Club (SDG 3)

NOTICE

Date: 24 August 2024

Subject: Ayushman Arogya Shivar – Free Multi-specialty Health Camp (Under SDG 3 Initiative)

The Health & Wellbeing Club in collaboration with the Department of Community Medicine, NHM Uttarakhand and CMO Haridwar, is organizing a **Free Multi-specialty Health Camp (Ayushman Arogya Shivar)** under SDG 3 – Good Health and Well-being, on 29th August 2024, from 9:00 AM to 3:00 PM at CHC Narsan, Haridwar District. The camp will provide free consultation, treatment, and referral services for patients with Ear, Nose, and Throat (ENT) related issues. A specialized medical team will be available on-site for examination and primary care services.

All faculty, interns, and students interested in participating in the healthcare outreach are encouraged to contact the undersigned.

Let's contribute towards accessible healthcare for all.



Sign. of Chairperson

(Dr. Vikash Singh Jadon)

Swami Rama Himalayan University

Health & Wellbeing Club (SDG 3)

Health Camp Report - Ayushman Arogya Shivar

Date of Camp: 29.08.2024

Time: 09:00 am to 3:00 pm

Venue: CHC Narsan, Haridwar District

Number of Beneficiaries: More than 200

Organizing Team:

Dr. Ashok Kumar Srivastava – Prof. & Head, Nodal Officer

1. **Dr. Surabhi Mishra** – Assistant Professor, Camp Coordinator
2. **Dr. Avani Gupta** – Junior Resident
3. **MBBS Interns** – Sagar Verma, Saksham Shrivastav, Sakshi Chaudhary, Saloni Sharma

Activity Report (Aligned with SDG 3 – Good Health and Well-being):

On 29th August 2024, a multi-specialty *Ayushman Arogya Shivar* was organized at CHC Narsan, Haridwar by the Health & Well Being Club in collaboration with Himalayan Institute of Medical Sciences, Swami Rama Himalayan University, National Health Mission (NHM), Uttarakhand and the Chief Medical Officer, Haridwar and with specialists from various departments of HIMS namely- Community Medicine, General Medicine, Obstetrics & Gynaecology, Pediatrics, Orthopaedics, Ophthalmology, Psychiatry, and Dentistry. The camp focused on providing health check-ups, along with preventive care and health education, ensuring local residents received necessary medical attention without having to travel to distant healthcare facilities. Patients needing tertiary level of healthcare were referred to Civil Hospital, Roorkee and Himalayan Hospital, SRHU.. This initiative was taken in line with Sustainable Development Goal 3 (SDG 3) to ensure equitable access to healthcare and promote well-being.

Objectives of the Camp

1. Deliver specialist consultations to underserved populations.
2. Conduct diagnostic screening for early disease detection.
3. Raise awareness on preventive healthcare.
4. Refer critical patients to tertiary healthcare facilities.

Key Services Provided

1. Over 250 multi-specialty consultations.
2. Diagnostic tests including BP, hemoglobin, and blood sugar.
3. Health awareness talks on maternal care, child nutrition, and mental health.
4. Referrals to Civil Hospital Roorkee and Himalayan Hospital SRHU for advanced care.

Specialist Consultations – Patient Statistics

1. General Medicine: 42
2. Community Medicine: 12
3. Orthopedics: 25
4. Pediatrics: 8
5. Ophthalmology: 38
6. Obstetrics & Gynaecology: 27
7. Psychiatry: 15
8. Dental Surgery: 10
9. Total Patients Seen: 177

Conclusion

This specialist health camp was a commendable step towards the realization of SDG 3. It addressed critical healthcare needs, brought essential services to the community's doorstep, and promoted health education—making quality healthcare inclusive and accessible.

GROUP PHOTO OF HEALTHCARE TEAM AND ORGANIZERS AT THE CAMP VENUE



Media Report

दैनिक जनवाणी

उत्तर प्रदेश, उत्तराखंड

39 वर्ष 11 अंक 286

दिनांक 31 अगस्त, 2024

12 पृष्ठ ₹ 4.00

www.janvani.com

स्वास्थ्य शिविर का 200 रोगियों ने उठाया लाभ

जनरल मेडिसिन, बाल रोग, रुद्ध, मनोरोग, स्त्री रोग, व दंत रोग विभाग के चिकित्सकों ने दी सेवा

● जनवाणी धुरी प्रेषिका

हिमालयन अस्पताल जौलीग्रांट, राष्ट्रीय स्वास्थ्य मिशन उत्तराखंड व मुख्य चिकित्सा कार्यालय हरिद्वार के संयुक्त तत्वावधान में सीएचसी नारसन में निशुल्क आयुष्मान आरोग्य शिविर का आयोजन किया गया। इसमें करीब 200 से ज्यादा रोगियों ने स्वास्थ्य जांच का लाभ उठाया।

स्वामी राम हिमालयन विश्वविद्यालय (एसआरएचयू) में संस्थापित हिमालयन इंस्टिट्यूट ऑफ मेडिकल साइंसेज (एचआईएमएस) के सामुदायिक चिकित्सा विभाग की ओर से सीएचसी नारसन में निशुल्क आयुष्मान आरोग्य जांच शिविर

अयोध्या के देवरा के दिशा निर्देशन में आयोजित शिविर में कम्प्यूनिटी मेडिसिन से डॉ. सुरभि मिश्रा, जनरल मेडिसिन विभाग से डॉ. शिवम सेठी, बाल रोग विभाग से डॉ. सविता पाण्डे, नेत्र रोग विभाग से डॉ. सिमरन सोनी, स्त्री रोग विभाग से डॉ. स्वाति सिंह, डेंटल सर्जरी से डॉ. निधि कुंद्रा, हड्डी रोग विभाग से डॉ. शशांक तायल, मनोरोग से डॉ. अंशु प्रसाद

ने स्वास्थ्य शिविर में आए करीब 200 से ज्यादा रोगियों की जांच कर स्वास्थ्य परामर्श दिया। शिविर में आए रोगियों का पंजीकरण, परामर्श सहित शुगर, बीपी, हिमोग्लोबिन सहित विभिन्न जांचों सहित निशुल्क दवा भी वितरित की गयी। स्वास्थ्य शिविर के संचालन में डॉ. अशोक कुमार श्रीवास्तव, डॉ. अरवि गुप्ता, सागर वर्मा, सक्षम श्रीवास्तव, सखी चौधरी, सलोनी शर्मा ने अपना सहयोग दिया।

लोकसत्य

राष्ट्रीय हिंदी दैनिक

07 अंक 41

दिनांक 31 अगस्त, 2024

12 पृष्ठ ₹ 4.00

www.loksaty.com

हिमालयन अस्पताल ने सीचसी नारसन में लगाया स्वास्थ्य जांच शिविर

डोईवाला, लोकसत्य।

हिमालयन अस्पताल जौलीग्रांट, राष्ट्रीय स्वास्थ्य मिशन उत्तराखंड व मुख्य चिकित्सा कार्यालय हरिद्वार के संयुक्त तत्वावधान में सीएचसी नारसन में निशुल्क आयुष्मान आरोग्य शिविर का आयोजन किया गया। इसमें करीब 200 से ज्यादा रोगियों ने स्वास्थ्य जांच का लाभ उठाया।

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सीएचसी नारसन में निशुल्क आयुष्मान आरोग्य जांच शिविर आयोजित किया गया। एचआईएमएस के प्राचार्य डॉ. ऐके देवरा के दिशा निर्देशन में आयोजित शिविर में कम्प्यूनिटी मेडिसिन से डॉ. सुरभि मिश्रा, जनरल मेडिसिन विभाग से डॉ. शिवम सेठी, बाल रोग विभाग से डॉ. सविता पाण्डे, नेत्र रोग विभाग से डॉ. सिमरन सोनी, स्त्री रोग विभाग से डॉ. स्वाति सिंह, डेंटल सर्जरी से डॉ. निधि कुंद्रा, हड्डी रोग विभाग से डॉ. शशांक तायल, मनोरोग से डॉ. अंशु प्रसाद ने स्वास्थ्य शिविर में आए करीब 200 से ज्यादा रोगियों की जांच कर स्वास्थ्य परामर्श दिया। शिविर में आए रोगियों का पंजीकरण, परामर्श सहित शुगर, बीपी, हिमोग्लोबिन सहित विभिन्न जांचों सहित निशुल्क दवा भी वितरित की गयी।

स्वतंत्र चेतना

उत्तर प्रदेश, उत्तराखंड व नई दिल्ली में प्रकाशित

39 वर्ष 11 अंक 286

दिनांक 31 अगस्त, 2024

12 पृष्ठ ₹ 4.00

www.swatantrachetana.com

स्वास्थ्य जांच शिविर में 200 रोगियों ने उठाया लाभ

स्वतंत्र चेतना

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Swami Rama Himalayan University

Health & Wellbeing Club

NOTICE


Date: 27th March 2025

Subject: Free ENT Health Camp at Kurkawala – SDG 3 Initiative

The Health & Wellbeing Club in collaboration with The Department of Community Medicine, HIMS-SRHU, is organizing a Free ENT Health Camp at Kurkawala on 28th March 2025 (Friday) under the banner of SDG 3 – Good Health and Well-being.

All faculty, interns, and students interested in participating in the healthcare outreach are encouraged to contact the undersigned.

Let's contribute towards accessible healthcare for all.


Sign. of Chairperson
(Dr. Vikash Singh Jadon)

Swami Rama Himalayan University

Health & Wellbeing Club (SDG 3)

ENT Health Camp Report

Date: 28th March 2025

Program: Free ENT Camp

Location: Kurkawala

Number of Beneficiaries: 32

Supporting Agency:

Department of Community Medicine,
Himalayan Institute of Medical Sciences (HIMS),
Swami Rama Himalayan University,
Swami Ram Nagar, Jollygrant, Dehradun

Activity Report (Aligned with SDG 3 – Good Health and Well-being):

In alignment with the United Nations **Sustainable Development Goal 3 (SDG 3)** — *"Ensure healthy lives and promote well-being for all at all ages"* — a **Free ENT Health Camp** was organized on **28th March 2025** in the rural village of **Kurkawala** by the Department of Community Medicine, Himalayan Institute of Medical Sciences, SRHU.

This initiative aimed to address **health inequities in rural populations** by providing accessible medical services for **Ear, Nose, and Throat (ENT)**-related disorders. A specialized team of doctors and healthcare staff conducted check-ups, prescribed treatment, and referred complex cases requiring surgical intervention to the base hospital at SRHU, Jollygrant.

Key Highlights:

- **Target Population:** Underserved rural community
- **Services Offered:**
 - ENT examination
 - Diagnosis and medical consultation
 - Free medicine distribution
 - Referral of advanced cases to base hospital

Conclusion

This ENT health camp is a direct reflection of the university's commitment to community healthcare outreach and promoting universal access to essential health services. By reaching remote locations and delivering ENT care at the grassroots level, the camp contributed meaningfully toward achieving SDG 3 and strengthening the rural health ecosystem.

